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U.S. EXTENSION SERVICE  
United States Department of Agriculture and State Agricultural Colleges  
Cooperating

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CONFERENCE IN RELATION TO WARTIME CLOTHING  
FARM-HOME FOOD SUPPLY AND NUTRITION  
EXTENSION PROGRAMS

Salt Lake City, Utah  
September 1-4, 1942

War necessitates changes in any educational program and in the methods of conducting the program in order that all effort result in maximum benefit to both the military and civilian population. The western conference in relation to wartime clothing, farm-home supply and nutrition afforded an opportunity to consider the wartime situation as it affects production, conservation, processing, marketing, shortages, rising prices, and rationing in relation to food and clothing.

The wartime program in home demonstration work has advanced to the extent that it is important for leaders and specialists to present and consider the adjustments and methods found successful in getting the understanding and cooperation of rural families in carrying out wartime extension programs. In addition, through discussion and committee work, further adjustments were recommended at the conference, in light of the present and anticipated wartime situation, in the wartime extension programs in clothing, farm-home food supply and nutrition.

The total registration at the Salt Lake Conference was 81. The conference was attended by Extension State home demonstration leaders, assistant State 4-H Club leaders, clothing and nutrition specialists of the 11 Western States, and by national or regional representatives of the following other governmental offices and agencies: Bureau of Home Economics, Farm Security Administration, Agricultural Marketing Administration, Rural Electrification Administration, Office of Price Administration, Office of Education, Office of Defense Health and Welfare Services, Office of Civilian Defense, Office of Indian Affairs, Work Projects Administration, American Red Cross, and representatives from home-economics departments of the land-grant colleges.

The following committee reports will serve as guides for the Extension Service in conducting wartime extension programs in clothing, farm-home food supply, and nutrition in the Western States and in the Territories of Alaska and Hawaii.

*Madge J. Reese*

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Report of Committee on  
CLOTHING SITUATION AND NEEDED WARTIME ADJUSTMENTS  
IN THE EXTENSION PROGRAM - WESTERN STATES

Clothing Program Situations

Rural families depend on home demonstration work for guidance in solving many of their clothing problems.

Wartime situations bring about many changes in practices of rural families. Among these situations are:

1. Rising costs.
2. Scarcity of materials in clothing and household textiles.
3. Transportation difficulties.
4. New demands on the time and energy of family members.

Clothing Health

1. Lack of transportation, limiting supply of fuel, may create possible changes in the type of clothing needed to maintain health.

Clothing Program Adjustments

Adjustments must be made in the present extension program if problems of rural families are to be solved:

1. Keep program flexible to allow for sudden changes.
2. Keep rural families informed of changes affecting clothing. Project leaders and neighborhood leaders can be used.
3. Sewing centers and "menderies" with project leaders in charge may be established where women can come to learn to make simple articles and to mend.
4. Clothing exchanges, especially for children's garments, may be organized in some communities.
5. The present high birth rate in many localities is increasing the need for assistance to young mothers in the selection and construction of layettes. Attention should be given to clothing for preschool children.

Clothing Health Adjustments

1. Every phase of health affects the morale of people particularly during war times. For this reason every effort should be made to correlate health with all clothing problems.



2. Women and girls, as well as men and boys, working in fields and defense plants, need garments that contribute to comfort and safety.
3. There is need for well designed work shoes, and shoes for growing children. More information needed on care of feet and buying of shoes.

4. There is a possibility of fewer or no school busses. This raises a problem of providing different types of clothing for warmth and protection for school children.

5. There is a tendency to minimize the importance of grooming, and the influence of appropriate clothing on civilian morale.

#### Time and Energy Management

1. During these wartimes rural families in the 11 Western States are doing more work on farms and ranches. Many are engaged in defense industries.

2. The women and girls have less time for housework.

3. They have less time for sewing.

2. Place more emphasis on safe and sturdy garments worn by men and women working with farm and defense machinery..

3. An educational program should be established to give information on and sources of satisfactory work shoes for adult workers, and suitable shoes for growing children.

Keep up-to-date information and demonstrations on care of feet and shoes before 4-H Club and adult groups.

4. With the possibility of children walking to school instead of riding in busses, emphasis should be placed on selection of warm, protective clothing, good school shoes and overshoes.

5. Spend time on grooming. Apply principles of appropriate selection to garments for work and play, and emphasize their importance to health and morale of 4-H Club members and adults.

#### Needed Adjustments

##### Time and Energy Management

1. Encourage closer family councils as a means of solving clothing problems brought on by the war.

2. Have members of the family recognize their responsibilities in making, buying, and taking care of clothing, thus freeing more of the mother's time.

3. Cut down actual sewing time by adapting factory methods to home sewing.

Encourage 4-H Club girls to contribute to the wardrobe of the entire family.

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4. They have less time for shopping.

4. Encourage fewer and better planned shopping trips. Make each trip to town worth while with planned shopping lists.

Encourage the patronage of home and nearby stores, to save time and travel.

Needed Adjustments in  
Money Management  
4-H and Adult Programs

Money Management

1. Many rural families will have higher incomes.

1. Money management planning.  
Clothing inventories.  
Wardrobe planning.

Family council to encourage a more equitable division of clothing expenditures for family members.

Cooperation with home and farm management specialists on clothing-cost studies.

Use of consumer-purchase studies.

2. Less goods are available.  
Higher prices prevail.

2. Buying only needed clothing and household textiles.

Understand the reasons for less goods and higher prices.

Understand and adhere to price ceilings.

3. Taxes are increasing.

3. Taxes - anticipation bonds.

4. Rural families face the problems, of paying their debts and bearing their responsibilities in the financing of the war.

4. Meeting debt situations.  
Encourage rural families to establish definite saving plans:  
War bonds for families.  
War stamps for 4-H Club members.

Suggest conservation of clothing on hand to reduce clothing costs and to release funds for war bonds and stamps.



## Clothing Skills

At present in the 11 Western States there is a need for families to be more skillful in clothing the family.

### 1. Construction.

1. Specialists and home demonstration agents take stock of teaching methods used in sewing to determine which skills are most effective in home sewing to produce satisfactory results in minimum time.

Teach 4-H Club girls and women who are inexperienced in sewing to make successful garments using simplified methods of construction.

Teach economical cutting of materials.

### 2. Mending.

2. Improve mending techniques and judgment. Use more sewing-machine mending.

### 3. Washing and ironing.

3. Extend the life of clothing with better laundry methods.

### 4. Storage.

4. Extend usefulness of clothing by daily care and seasonal storage.

Fight pests such as moths, carpet beetles, silverfish, and crickets, which destroy useful fabrics.

## Care of Clothing

1. Hard water in all Western States presents a laundry problem.

## Adjustments in Care of Clothing

1. Cooperate with experiment station research workers and home-management extension specialists to have demonstrations on water softening and practical laundry methods for all fabrics.

2. Possible curtailment of refined solvents raises a problem in home and commercial cleaning of garments.

2. Teach safe methods of dry cleaning.

3. Storage problems in both winter and summer.

3. Place emphasis on the care of woollens for future use.



Storage of civilian clothes belonging to men in service.

4. Quality in shoes and especially in sole leather may not be maintained, and increasing cost presents a real problem to the rural family.

5. Scarcity of rubbers and galoshes and need for them.

#### Enemy Invasion

The war activities in the Pacific area bring the realization of danger of enemy invasion and possible fires.

This may call for evacuation, with many attendant problems.

#### Rural Defense Housing and Trailer Camp Areas

We have in the West a great influx of new residents in the defense areas.

1. The available facilities in these areas are inadequate for sewing, laundering, and storing of family clothing.

2. During the rainy season clothes and household textiles are subject to mildew.

Teach careful storage of civilian clothes left at home by men in service.

Store summer clothing during winter and winter clothing during summer months.

4. Store heavy winter shoes in summer.

Lengthen usefulness of shoes by care and repair.

5. Teach better daily care of rubbers and galoshes.

Store rubbers and galoshes over summer months.

#### Clothing and Invasion

Keep timely information available to meet these problems.

Clothing must be-

1. Fire resistant for rural fire fighters.

2. Warm and protective.

3. Readily available and easily donned.

4. Shoes must be sturdy to protect feet against broken glass. (Avoid open-cut shoes.)

#### Adjustments in Rural Defense Areas

1. Community laundries, menderies, sewing centers, and clothing exchanges, have possibilities in meeting these needs.

2. Teach storage of clothing and the treating of textiles against mildew.



3. Poorly insulated and otherwise inadequate houses present serious clothing problems.

3. Encourage the use of warmer protective clothing.

### Clothing for Indians

Each of the 11 Western States has an Indian population which presents distinct problems such as minimum adequate clothing, bedding, and household textiles.

### Adjustments

#### in State Extension Program

The State extension workers in cooperation with staff members of the United States Indian Service should study the situation and evolve programs of work to help this group to have adequate clothing.

Assist in adult and 4-H Clubs for Indians.

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Report of Committee on  
WAYS AND MEANS  
CLOTHING EXTENSION PROGRAM

An efficient wartime extension clothing program must be flexible. It requires definite and simplified ways and means of conducting adult and 4-H Club work.

To conserve travel, time, and energy of agents, specialists, and leaders, it is suggested that 4-H Club and adult leader training be combined as much as possible.

I. Use of project leaders during wartime:

A clothing project leader should

1. Be a source of information on clothing problems in her community.
2. Present to groups in her community, subject matter and demonstrations in which she has been trained.
3. Lead discussion groups, encouraging the passing of information on to other community members.
4. Cooperate with neighborhood leaders, advising and helping them with problems in relation to clothing.
5. Discover local talent in clothing skills among women and 4-H Club girls. Prepare a card index to make effective use of their skills.
6. Assist in planning the 4-H Club program according to wartime needs. Encourage parent attendance at meetings and partnership work of mothers and daughters.

II. Use of neighborhood leaders.

1. The services of neighborhood leaders should be restricted to emergency war activities. The special clothing activities may include developing a constructive attitude and understanding toward the necessary taking into account of rapid changes in the clothing situation as they pertain to careful buying, always buying under the price ceiling, and conservation of clothing. Each State will determine its own policy regarding the amount of clothing information the neighborhood leaders will pass on to others.

2. These leaders can interest and invite families to demonstrations conducted by project leaders, agents, or specialists.



3. They can encourage enrollment in or organization of home demonstration groups and 4-H Clubs in the neighborhood or community, by learning the interests and needs of their neighbors.

4. They can assist project leaders in making a list of local women and girls who may contribute by demonstrating and teaching certain clothing skills to others.

### III. Training of county extension agents and local leaders for the wartime job.

1. County extension agents do more training of local leaders in view of fewer contacts with individual groups due to tire shortage.

2. Home demonstration agents and agricultural agents have meetings at the same time in order that families and neighbors may pool transportation.

3. Hold district or state short-course meetings to train county extension agents.

4. Have more leader training centers in the county in order that leaders will have shorter travel distances.

5. Plan two or more leader-training meetings to be held on the same day with extension agents and specialists' training different groups, thereby making it possible for specialists and local leaders to travel together to conserve tires, time, and energy.

Shorter meetings may be held in some instances in order that time will be allowed for farm and ranch women to shop, making the one trip to town count for two purposes.

6. Have short courses of 2 or 3 days where leaders will obtain information on several subjects at one time rather than making trips to additional meetings.

7. Work out a plan for a series of clothing demonstrations at one leader-training meeting. This could be supplemented with the additional help of illustrative material and bulletins, given when needed at individual conferences with the county agents as leaders come to town.

8. Circulate illustrative material on library loan system plan.



#### IV. Other ways and means.

##### 1. Publications.

All clothing publications need to be set up in clear type, to be short, simple, and interesting, and to be well illustrated.

##### 2. Press.

The use of the press should be extended through fuller cooperation with local editors. Articles should be specific, interesting, and of popular appeal.

##### 3. Radio.

Establish a regular time of broadcast.

Correlate with other agricultural broadcasts if feasible.

If transportation is curtailed further, the radio may be used in conjunction with printed subject-matter pamphlets to develop a short-course similar to correspondence courses.

Full use of dramatization, radio showmanship, and local talent should be employed.

##### 4. Exhibits.

A more complete and detailed use of illustrative material, loan kits, and exhibits is recommended in view of lessened travel.

Extended use of exhibits at public gatherings and in store windows may be effective.

##### 5. Film strips and slides.

The further use of slidefilms and slides is suggested where equipment is available.

##### 6. Circular letters.

Continued and extended use of personal and circular letters is a means of supplementing direct contact.

And finally it is highly desirable that the excellent clothing subject-matter information prepared by the Bureau of Home Economics, United States Department of Agriculture, be continued as an aid in conducting the wartime clothing program.



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Report of the Committee  
COOPERATIVE FORWARDING OF WARTIME CLOTHING PROGRAM  
BY GOVERNMENT AGENCIES

Fiber and fabrics have become essential war commodities. If acute conditions in clothing are to be averted, civilians must see their clothing requirements in relation to national and even international situations. The call for increased and new demands for raw material, manpower, machines, and transportation facilities to meet essential war needs must be the first consideration.

The task confronting us in interpreting this situation of national scope in terms of local community needs and plans of action is of such magnitude that it concerns all groups and agencies dealing with the problems of family living. Therefore, we feel that concerted effort is necessary to forward a clothing wartime program.

In order to set up machinery that will bring these groups together within the States to develop and carry out such a clothing program, we recommend:

I. That a small group composed of key people in the clothing and textile field meet in conference in each State. The State extension personnel in attendance at the Western Regional Conference will take the initiative in naming this group and calling the conference.

The functions of this group shall be --

1. To consider the present-day national situation as it relates to the field of textiles and clothing.
2. To consider State problems in the light of this national situation.
3. To set the agenda and plan for a State meeting to be held for the purpose of developing a State wartime clothing program. Representatives of governmental agencies and nongovernmental organizations will be invited to attend.

Among these are --

- University and college resident staffs.
- Vocational and nonvocational home-economics education organizations.
- United States Indian Service.
- Works Projects Administration.
- Farm Security Administration.
- Office of Price Administration.
- State Department of Public Health
- State Department of Public Welfare.
- Child-welfare organizations.
- Office of Civilian Defense.
- American Red Cross.
- Retailer and manufacturing groups.
- Producers' associations, as, wool, livestock, and cotton growers.



This group shall cease to function at the end of the State meeting.

II. That the State meeting give consideration to --

1. Clothing in relation to the National and State situations.
2. The determination of a State wartime clothing program.
3. The responsibility of each agency and group in carrying through this program.
4. The appointment of a continuing State committee.

III. That the functions of this continuing committee should include --

1. To keep informed on activities of all groups participating in the State wartime clothing program.
2. To keep informed on new developments in the clothing and textile field.
3. To get information to all agencies and groups involved.
4. To plan to meet emergencies as they arise.
5. To arrange meetings whenever necessary.

The committee wishes to thank the Bureau of Home Economics, United States Department of Agriculture, for the very valuable assistance it has given in the clothing and textile field to the Extension Service and other agencies. It is felt that if a successful and unified clothing program is to be carried out to meet wartime situations the assistance of the Bureau will be needed to an even greater extent in the future.

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Report of the Committee on the  
FOOD-NUTRITION SITUATION  
AND NEEDED WARTIME ADJUSTMENTS  
IN THE EXTENSION PROGRAM, WESTERN STATES

The successful prosecution of the war makes it imperative that every individual maintain his greatest efficiency. Improvement in health will help families to meet greater physical and emotional strain brought about by war conditions. Good nutrition is one of the important factors in maintaining physical and mental health.

"In the past year American families have produced more food than at any time in history. In the months ahead the food demands on the country by our allies may increase. Unforeseen wartime events have already made it necessary to shift the emphasis in consumption of certain foods. Other such unforeseen shifts and adjustments may become necessary as the war goes on.

"Under these conditions it becomes more and more important for farm people to understand the reasons for such adjustments and how to meet them. This is an educational job of the highest order. This is especially true in the matter of food and food supplies.

"The extension nutrition program must be adjusted to help the farm family meet these greater responsibilities." M. L. Wilson.

The Food and Nutrition Situation

I. Wartime factors affecting the food supply situation.

1. Military and Lend-Lease requirements.
2. Shortage of bottoms for off-shore shipments and uncertainties in the shipping situation.
3. Shortage of materials for processing equipment.
4. Scarcity and high cost of labor for producing and processing foods.
5. Increased buying power of families with increased income.
6. Inadequate domestic transportation facilities:
  - (a) Overtaxed railroads.
  - (b) Shortage of tires for trucks.
  - (c) Inefficient distribution.
  - (d) Reduction in coastwise shipping.



In the face of the above situations there is -

1. Tendency to hoard the scarcer foods due to lack of understanding of rationing programs.
2. Failure to demand standards of quality under ceiling prices.
3. Continued production, processing, and distribution of luxuries at the expense of essentials. (Soft drinks v. fruits and vegetables.)

The above factors are highly variable, resulting in sudden and often unpredictable shifts in kinds and amounts of food available for the civilian population.

## II. Shifts and regrouping of population.

1. Congestion in military and war industry areas.
2. Depletion in many other areas.

## III. Shifts in activities that affect time and energy available for homemaking:

1. Family members, including women, occupied in war activities, both paid and volunteer.
2. Farm-labor shortage and drafting of men for the Army necessitate farm women's doing farm and field work in addition to the housework.
3. Children assuming more responsibility for homemaking and farm jobs sometimes beyond strength for best health.

## IV. Interrupted distribution of commodities at local levels, threatening to result in inadequate amounts or variety of foods available:

1. Curtailed food distribution to towns not on railroad, when trucks no longer operate.
2. Curtailed local-delivery services of milk, groceries.
3. Inability to move surplus foods to localities where they are needed, causing shortages in areas serving as customary outlets.

## V. Lowered health status due to shifts in living conditions, emotional strains, grief from casualties among family members, longer working hours, less rest and recreation, general neglect of good food habits, and limited medical and dental resources.

## VI. Family and community needs arising from the wartime food situation.

1. Need for home and community food-production and- conservation plans based on a study of needs under wartime conditions.



(a) Insure as nearly as possible an adequate food supply with a minimum use of commercial products and transportation facilities.

(b) Produce food to replace items not available commercially.

(c) Use food-preservation methods that will insure best use of available supplies and equipment for canning, dehydration, brining, and freezer locker.

(d) Provide adequate storage facilities in both home and community.

2. In the interests of health and economy there is a need for adjustments of food habits as necessitated by certain shortages.

(a) Established family habits.

(b) Racial groups.

3. Present and potential problems in group feeding.

(a) School lunch.

(1) Failure of communities to realize that responsibilities for establishment and maintenance of program rests with them.

(2) Realignment of mechanics and operation of program according to local need.

(b) Child-care centers.

(c) Feeding of itinerant agricultural workers, construction workers, and industrial workers.

(d) Emergency feeding in case of epidemics of evacuation.

#### How the Extension Program Can Help Families and Communities Adjust to the Wartime Food Situation

### I. Family adjustments.

1. Keep families informed on changes in situations and Government programs. Make suggestions for adjusting to the situation:



- (a) Anticipated shortages in foods, services, and supplies.
- (b) Rationed products.
- (c) Price regulations.
- (d) Victory specials.

2. Help people to buy intelligently and discharge their responsibilities for making the price-control program succeed.

- (a) Price ceilings.
- (b) Maintaining standards of quality under price ceilings.
- (c) Labeling and grading.
- (d) Quantity buying versus hoarding.
- (e) Selection of food for maximum nutritive value at minimum cost.
- (f) Wise selection of alternates for scarce or rationed foods.
- (g) Foregoing luxuries that would unduly tax production, processing, and transportation facilities needed for essentials.

3. Planning production, processing, and storing of the family food supply.

- (a) Adequate amount and variety to feed the family with a minimum use of commercial products and transportation facilities.
- (b) Adjustments in varieties of garden products to offset commercial shortages.
- (c) Adequate protein supply as necessitated by meat rationing and milk shortage in some localities.
- (d) Methods of food preservation that will provide maximum safety and nutritive value with available equipment and facilities.
- (e) Adequate and suitable storage facilities.

4. Aid people to practice good nutrition through -

- (a) A working knowledge of nutrition facts.



(b) Careful meal planning.

(c) Efficient management of time spent on meal planning and food preparation.

(d) Eliminating nonessentials in serving.

(e) Methods of preparation that will insure maximum palatability and conservation of nutrients.

(f) Careful selection and use of unaccustomed foods to insure their acceptance by the family.

(g) Methods of preparing foods at home that have largely been processed commercially, such as bread, cheese, soups, and baked beans.

(h) Assist in modification of food habits as necessitated by curtailment of shortages of certain food products.

(i) Assist in improving packed lunches for school children, industrial and construction workers.

5. Coordinate 4-H Club program with general pattern of family adjustments.

(a) Production--Victory gardens and feed for livestock.

(b) Preservation--canning and dehydration.

(c) Proper selection of foods and preparation of meals.

(d) Improved health habits.

## II. Community adjustments.

1. Assist communities in planning for production, distribution, and utilization of local food supplies to prevent shortages and waste. (This will require cooperation of all extension specialists concerned with production, utilization, and marketing of food.)

2. Encourage cooperative use of available processing equipment.

3. Aid in plans for cooperation on use of local transportation and delivery facilities.

(a) Retail deliveries (milk).

(b) Seasonal deliveries.

(c) Exchange of products.

(d) Cooperative buying.

4. Promote community cooperation in adjusting to changing situations.

(a) Through the neighborhood-leader system by preparing information for leaders and training leaders.

(b) 4-H Club members assisting in school gardens and lunches.

5. Developing group feeding programs for

(a) School children.

(b) Itinerant agricultural workers, industrial and construction workers.

(c) Emergency groups.

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Report of the Committee on  
WAYS AND MEANS  
FARM HOME FOOD SUPPLY AND NUTRITION  
EXTENSION PROGRAMS

- I. For more efficient use of food and nutrition specialists' time, they will need to allocate more time to training and servicing county extension agents, to preparing educational and publicity material for home demonstration and 4-H Club work, and to planning and cooperating with other agencies. Doubtless more of the responsibility for training of leaders will fall upon the county agents during the pressure of wartime demands.

II. Training county extension agents.

1. Circular letters on current situations, subject matter, and methods.
2. Group training of home demonstration agents on a State or district basis if travel funds permit.
3. Office conferences on subject matter, methods, and planning when individual training of agents in demonstration methods is necessary.
4. Special training and help to new agents.

III. Voluntary leaders.

1. Services of neighborhood leaders:

The purpose of the neighborhood-leader system is to provide a means whereby every rural family can be reached quickly with information pertaining to the war effort. Neighborhood leaders may be used to -

- (a) Help rural people understand reasons for necessary wartime adjustments.
- (b) Help rural families to make adjustments by providing timely information in a simple, understandable form.
- (c) Create favorable attitude in the neighborhood toward cooperation in the war effort.
- (d) Advise people of information and help available on war emergency needs through county extension agents, project leaders, agricultural planning board, county nurse, home-economics teachers, and other governmental agencies and civic organizations.

(e) Report problems or confusions to the proper person, such as community leader, extension agent.

(f) Assist with simple surveys such as food-preservation equipment available, fruits to can, school-lunch information, farm labor.

(g) Assist with organization for food distribution, as neighborhood trading of surpluses, cooperative food purchasing, in order to contribute to local self-sufficiency.

(h) Make routine reports (which should be kept to the minimum).

(i) The neighborhood leader will do these things through individual contacts, as home visits, chance visits (at grocery store, post office), telephone, and by group meetings.

2. Aids to neighborhood leaders by State and county extension workers:

(a) Periodic training meetings as needed.

(b) Information through circular letters, telephone, radio, press.

(c) Recognition for services through newspapers, radio, certificates, etc.

3. Project leaders (local leaders), home demonstration and 4-H Club work:

The well trained project leader is a recognized source of information in the community on the subject in which she or he has been trained.

(a) The project leader may assist in furthering the foods and nutrition program by -

(1) Making the best possible use of the results of her training in her own home with her own family, to whom she owes her first responsibility.

(2) Assisting the agent in making arrangements for local demonstrations.

(3) Assisting with or giving demonstrations.

(4) Collecting reports or results of demonstrations.



(b) In the wartime program community project leaders will be depended on to -

- (1) Cooperate with neighborhood leaders.
- (2) Make use of 4-H Club demonstration teams trained in community or county.
- (3) Give assistance in both 4-H Club and home demonstration programs.

#### 4. Tire conservation:

The following suggestions are offered for consideration in the interest of conserving tire mileage for home demonstration agents and local leaders:

- (a) Make training areas smaller.
- (b) Hold all-day training meetings, and cover more ground than usually covered in one training meeting.
- (c) Combine 4-H and adult leaders' training on the same day.
- (d) Have community leaders of two different projects come in for training in two or more subjects the same day. Train one set of leaders in the morning, the other in the afternoon. This would make it possible for more leaders to use the same car and to carry out shopping plans, as well as attend the training meeting on the same day.

#### IV. Publications, press, radio, exhibits, achievement days.

With the need for more information and publicity material in the form of concise, well illustrated, one or two-page leaflets, good news articles, radio broadcasts, and exhibits, the committee suggests that -

1. Specialists be allowed sufficient office time to make possible efficient preparation of such materials.
2. Specialists study lists of illustrative material prepared by the Nutrition Division of the Office of Defense, Health, and Welfare Services, and other sources.
3. Localized playlets be used in community groups and for achievement days to teach better nutrition.
4. Extension agents may well obtain the cooperation of the public schools, more especially of teachers of English, dramatics, and art, in preparing radio scripts, posters, exhibits, and playlets.
5. Newspaper publicity should be adapted to the needs and interests of the local public.

- V. Extension workers, like other people in wartime, are subject to emotional strains that tend to undermine physical health. In addition to heightened responsibilities, they face added strains due to difficult travel conditions and readjustments of plans and schedules to meet emergencies.

As a final suggestion for the effectiveness of the foods and nutrition program in wartime, the Ways and Means Committee recommends that extension workers keep themselves fit for efficient service, which is certain to require both endurance and "flash action," by taking appropriate means to protect their own health:

1. Practice the good food and health habits they so freely preach to others.
2. Have a thorough physical examination every year.
3. Allot time for favorite recreation or hobby.
4. Use vacation periods.
5. Adjust existing program plans to emphasize fundamentals and eliminate frills.
6. Make regular programs lighter to make room for emergencies that will arise.
7. Keep Sunday and night work to the minimum.
8. Take all other necessary precautions to prevent extra demands from taxing the endurance of staff workers beyond the normal limits of recovery.

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Report of the Committee on  
COOPERATIVE FORWARDING OF WARTIME  
FOOD AND NUTRITION PROGRAM BY GOVERNMENTAL AGENCIES

The representatives of the Extension Service and other governmental agencies serving on the committee for "Cooperative Forwarding of Wartime Food and Nutrition Program by Governmental Agencies" reaffirm their faith in Democracy, and in cooperation as the basis for effective action in meeting the present war-emergency demands.

- I. The committee urges that all governmental agencies concerned with foods and nutrition programs continue to study ways of coordinating, planning, and carrying out wartime programs more effectively at Federal, State, county, and community levels.

State and county nutrition committees provide an excellent channel for furthering such coordination.

- II. To expedite the war effort it is recommended that such coordination include a consideration of -

1. Ways and means of making available to all cooperating agencies at a minimum price and in quantities to meet their needs, subject-matter publications dealing with various phases of wartime foods and nutrition.

2. Planning of national programs to increase home food production, food preservation, and food conservation.

3. Continued efforts by governmental agencies to give to the families with whom they work or the general public an understanding of price control and rationing, and to assist in helping families to adjust living to meet current shortages and to wisely handle any local or nearby surpluses of foods.

III. Community school lunch program.

As a part of the wartime nutrition program the school lunch should be given immediate consideration by all agencies concerned with nutrition. Steps should be taken to get the school-lunch program established as early in the fall as possible, with as complete coverage as can be achieved, and that the Federal program for commodity distribution and penny milk for schools be utilized wherever possible. In all school-lunch programs it is essential that there be a clear-cut delegation of responsibilities among governmental agencies, school authorities, and local organizations.



#### IV. Volunteer leaders.

More careful selection and more effective training and use of volunteer leaders is recommended. Leaders should be selected for promotional and organizational abilities, or for teaching abilities, according to the type of service they are expected to render.

Refresher courses and other training opportunities for volunteer leaders should be increased.

It is recommended that the training in foods and nutrition received by rural women through the Extension Service be accepted as partial satisfaction of the requirement for certification in the general nutrition course of the American Red Cross, also in the requirements for certification in the Red Cross Canteen Corps and as canteen aides.

It is suggested that the regional nutritionist of the American Red Cross and the State home demonstration leader develop a mutually satisfactory memorandum of agreement covering the details of the plan for each State.

- V. The rapid development of nutrition subject matter affecting human welfare in wartime makes continuing education in this field essential for all home economists and especially for nutritionists. It is recommended that refresher courses for these professional groups be arranged by resident home-economics departments of the State universities and State agricultural colleges in cooperation with State extension service and experiment-station staffs.

It is desirable that such refresher courses be promoted by the State nutrition committee, and that the content and organization of the course be based upon wartime home and community nutrition problems.

- VI. It is urged that wartime needs in foods and nutrition and their application to homes and communities be emphasized in undergraduate courses in foods and nutrition.

- VII. The importance of continuity of educational effort for better family nutrition in the home through extension work and in the schools at the elementary level is recognized; therefore, it is recommended that the United States Office of Education be requested to bring together and make available information on ways in which elementary school teachers are using foods and nutrition information in their daily teaching.



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